

## Goupels Show Bugatti Bronzes In 24 Fine Pieces

Goupels & Co., No. 58 West Forty-seventh Street, are making a premier exhibition, in this country, of the work of Rembrandt Bugatti. Twenty-four pieces of sculpture by Mr. Bugatti are on view at the Goupels Gallery. This artist is highly esteemed abroad and his work appears in the Louvre and other museums.

His piece of resistance, in the present exhibition, is entitled "Dix Minutes de Repos." It is a massive block of building stone. Five horses, in tandem, according to the French style, and one on the side, are needed for the hauling. The horses have been hauled for rest and refreshment. All of them are wearing feeding bags. The appearance of the horses heads, for this reason, approaches the grotesque, but the attitudes are highly characteristic and the feeling of repose is admirably wrought out. The line of strength, as to the cart, and its running gear, is another notable feature of the group. It is indeed a fine piece.

Mr. Bugatti has executed with individual success, individual figures of an elephant, a llama, a lioness with ball, a lion, a rhinoceros, and an antelope.

He has been much more successful with his group of three pelicans. His handling of their pouches, is well done, and quite in accordance with the accepted tenets of nature study.

The same measure of success has attended his creation of the group of the lion and lioness.

Will try a 36-mile swim.

Robert W. Dowling, eighteen, son of Robert H. Dowling, President of the City Investing Company of this city, announced his intention at Adams Park, N. J., last night of trying to swim around Manhattan island tomorrow.

Dowling, who is an athlete, plans to start from the Battery at 7 A. M., swim up the Hudson to Spuyten Duyck, thence through the Harlem river, and back to the Battery, a distance of about thirty-five miles. He has been trained at Spring Lake, N. J., for some time.

by EMERSON HOUGH

THE BROKEN COIN

PRODUCED BY THE UNIVERSAL FILM MANUFACTURING COMPANY

THEATRE IN LEADING MOVING PICTURE THEATRE IN GREAT CITY

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## WHAT EVERY WOMAN SHOULD KNOW! How to Keep Well, Keep Strong and Keep a Perfect Figure, Told in a Series of Illustrated Lessons

A New Series of Illustrated Lessons, Giving Tests of Difficult Exercises in Previous Lessons.

### TEST EXERCISE NO. VI.—CHEST RAISING.

By Pauline Furlong. The Evening World's Authority on All Questions of Woman's Physical Well Being.

To-day I must repeat the reminder printed a week ago, as some of you perhaps did not see it at that time.

Please do not send medical queries to me. Please do not ask me to approve or disapprove of apparatus or medicine sold to increase health and strength. I cannot go into all these claims, nor can I undertake to answer any questions except through The Evening World—even if stamps are sent. I shall be very glad to reply through the columns of this paper to any questions on health or beauty culture which have to do with exercise and personal hygiene. No names or addresses of correspondents will be published.

Many of the questions that are sent to me are of general interest, and the answers will undoubtedly benefit others beside the questioner. So, if you are unselfish, you will prefer that your letters and the replies to them should be published in The Evening World. I cannot promise to answer them in any other way.

One of the points which I have tried to emphasize throughout our entire course is that it is primarily a course for restoring health. Beauty is merely a by-product. No one, of course, can



CHEST RAISING.

be really beautiful who is not really well. And the person who is too stout or too thin is actually in a diseased condition. The woman who tries to regain and retain her normal weight should not be laughed at for her vanity. She is simply showing the ordinary common sense of the sick person who makes every effort to become well.

A letter I have just received from a girl who signs herself "J.M." tells of another triumph of the health principle of my system. She has been in a sanitarium, she says, and has been under the care of doctors for three years.

"I have followed your instructions very carefully," she writes, "and have done the exercises you recommend. I must say that they have helped me wonderfully. For the past three years I have been doctored. Nothing helped me till I started on the exercises. Now I am improving wonderfully. I certainly appreciate your instructions."

DIRECTIONS FOR TEST OF THE CHEST-RAISING EXERCISE.

To-day we shall consider the test of chest-raising from the floor, the alternative exercise to swimming, which I especially recommended for this women. To practise chest-raising lie on the floor, with the knees slightly bent. Thus poised, raise and lower yourself gently, bending only your arms and keeping your body straight. Hold your head turned to one side to avoid the dust from the carpet.

There are a number of tests by which you may know whether you can perform this exercise correctly. In the first place, your arms on which all the weight of your body rests, must be absolutely firm. If they tremble, your arm muscles are not yet sufficiently developed to enable you to perform the exercise perfectly. Then, in lowering your body, your chest should touch the floor first—not your stomach or abdomen. In raising your body from the floor do not let your spine bend and hollow in. Your

hips should be kept straight and parallel with the floor. When properly done the exercise is particularly good for developing the chest, arms and shoulders. You should be able to do it at least six times in succession, while conforming to every requirement of the test.

Readers of Miss Furlong's articles who are following her lessons are invited to write to her, in care of The Evening World, requesting information that will aid them in following her rules for diet and exercises. Miss Furlong also will be interested to learn the results of her lessons as shown by your charts.

Letters From Evening World Readers Following Miss Furlong's Lessons.

GRACE W. writes: "Will you please state in a few words just what you consider the best aids to beauty?"

Sleep and rest, proper food, baths, fresh air and exercise. These will keep you both beautiful and youthful.

DAILY READER asks: "What will prevent the hair from turning gray?" A nightly massage with coconut oil is beneficial; it is also good for the splitting ends. Massage the scalp, not the hair. Use only a dash of the oil on the ends of the fingers.

ALUM SOLUTION FOR DOUBLE CHIN.

L. E. H. asks: "What should I weigh? I am 5 feet 3 inches tall. Will the alum solution wrinkle the skin and how much alum to a pint of water? Should I rub it on the double chin, or how must I apply it?" (a). You could lose thirty pounds and not be thin. Two hundred is too much and I do not wonder that you are uncomfortable. A man 6 feet tall should weigh only 190, and his bones are much heavier than a woman's. (b). The alum solution will not

the chin with a handkerchief. Wet the cotton when it becomes dry. This tones up, hardens and tightens the flabby skin. No local application will be lasting, so practice the exercises to tone up the sagging muscles and your chin will soon show a youthful contour.

R. C. writes: "I drink about three quarts of water a day. Does this make me fat?"

As water is so good for you and so necessary to the system, I regret to tell you that it does make you fat. Copious water drinking is highly recommended by all authorities for developing the system and gaining weight.

E. W. asks: "Can you tell me how to reduce a large, flabby breast?"

Apply hot wet towels to open the pores and then apply cold alum solution with a soft cloth. Exercise the arms and shoulders to take off the superfluous flesh.

### Radway's Pills For Constipation.

Constipation is dangerous. If not quickly cured, it will result in nervousness, weakness, headaches and general poisoning of the system.

You will find in Radway's Pills a pure and harmless vegetable medicine for all disorders of the bowels, liver and stomach.

This mild but effective medicine has been in use for more than fifty years. Its success is due solely to the unflinching satisfaction and relief it has brought to those suffering from constipation, biliousness or indigestion.

You are safe in using time-tried and proven Radway's Pills. A twenty-five cent box, used according to directions, may be all you need to properly tone up your digestive system. At all druggists, 55c a box, or sent by mail. Radway & Co., 208 Centre St., N. Y.—Adv.

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150 miles of beautiful Hudson River scenery with lots of fun and music to make the day perfect.

Picnics and amusements for those who wish to land at Beacon or Newburgh. Go by the big fast steamer

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Leaves Franklin St. 9 A. M.; W. 120th St. 9:30 A. M.; for West Point, Newburgh and Poughkeepsie. Music. Restaurant. Lunch Room. 51 Round Trip.

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Afternoon Boat

For Newburgh, West Point, Newburgh, Poughkeepsie and New York. Leaves New York 1:30 P. M.; for Newburgh, West Point, Newburgh, Poughkeepsie and New York. Leaves Newburgh 2:30 P. M.; for New York.

S. S. "MANDALAY"

Weeknight Sail Up-the-Hudson Every Monday, Wednesday, Friday, Saturday, Sunday, and Holiday. Leaves New York 7:30 P. M.; for West Point, Newburgh, Poughkeepsie and New York. Leaves Newburgh 8:30 P. M.; for New York.

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25 Cts. New Route to Jersey Coast. Leaves New York 10:30 A. M.; for Atlantic Highlands. Leaves Atlantic Highlands 11:30 A. M.; for New York.

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25c COUPON 25c

CONEY ISLAND ROCKAWAY BEACH

STEAMER ROSEDALE

will entitle the holder to purchase a round-trip ticket for New York and Coney Island, Rockaway Beach, or Long Beach. Valid only on days of departure and return. Not valid on days of departure and return. Not valid on days of departure and return.

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